

City of Loma Linda Community Garden News

February 2004

OFFERING COMMUNITY GARDENERS: IDEAS ...INSPIRATION ...HEALTHFUL TIPS AND RESOURCES ...HEALTHY RECIPES

February Gardening*

Carrots

When choosing carrot varieties, consider the heaviness of your soil—sow short stubby carrots in heavy clay soils, and longer tapered ones in looser sandy soil (the type in the LL Community Garden). Tips of the tap roots will grow four to six inches further down than the edible portion

Seeds

Distributing small seeds evenly when sowing can be tricky. A lead pencil provides two approaches. For smaller seeds, moisten the lead-end, stick it into the seed to pick up one or two, and move them to the rooting medium. For slightly larger seeds, use the wet eraser-end. A length of wet string also helps for thick sowing—dip it into the seeds and place it on the rooting medium, string and all. The seeds will sprout around the seed, and it will rot away.

**Adapted from the University of California Cooperative Extension gardening tips for Los Angeles County*



Garden hours
are dawn 'til
dusk

Love Your Heart this Valentine's Day

Many of the most delicious recipes can be laden with fat and calories, and fat and calories in excess can contribute to the development of heart disease. As always, everything in moderation is key, but if you are trying to reduce fat/calorie intake, one way is to modify high fat recipes. One way to create a low fat recipe is to eliminate or reduce the use of dairy products by substituting water for milk, for example, when making scrambled eggs or omelets (as an added bonus, the steam created when you use water will make fluffier eggs). Another way is to use a "stick-free" pan instead of oil, margarine or butter. The goal is to modify your recipe so that it contains less than one gram of fat per serving. Be sure not to add unhealthy refined carbohydrates (sugar) however, since sugar in excess is what you are trying to avoid.

Many desserts can be modified into low cholesterol versions by substituting unsaturated margarine or vegetable oil such as grape seed, sunflower, safflower or canola oil for butter. Similarly, skim milk or water may be substituted for whole milk. You can make a cake frosting using fat-free cream cheese, or use apple sauce in place of fat. Next time you are making brownies, use baby-food prunes, or pureed prunes instead of oil or butter (applesauce will also work).

Try converting your own favorite dessert. Remember that refined sugars are converted to body lipids (stored as fat) so try reducing the amount of sugar by one-half to see if the quality of the dish or dessert is maintained. Chances are that you will have an equally delicious result! Check out the spinach quiche, a regular and modified version, on page two of the newsletter to see what a difference some modifications can make.

Helping Hands

Winter weather will often leave skin looking and feeling dry and itchy. Some even suffer from the dreaded hangnail or cracked skin. Give your hands a moisturizing treatment as you garden by lavishly spreading them with hand lotion or cream before putting on your gloves. Add extra cream under your fingernails. As you work, your hands will absorb the cream. When you remove the gloves, your hands will have benefited from the cream rather than suffered from the moisture-removing soil. In addition, the soil will be more easily washed from under your fingernails because the cream or lotion formed a barrier. Preventing skin problems is much easier than dealing with pain and irritation after the fact.



Community Garden News
is printed by the
City of Loma Linda



EDITOR-IN-CHIEF: Joanne Heilman

MANAGING EDITOR, LAYOUT AND
DESIGN: Paige Parker

Ideas and submissions
are welcome. Contact
Paige Parker at:
pparker@lomalinda-ca.gov
Or Joanne Heilman at:
jheilman@lomalinda-ca.gov
(909) 799-2810

www.lomalinda-ca.gov

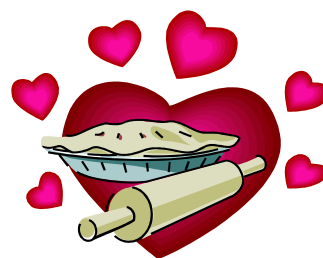


*I smelt the violets in her
hand and asked, half in
words, half in signs,
a question which meant
"Is love the sweetness
of flowers?"*

~Helen Keller

Recipe Modification

To illustrate how a dish may be modified to produce a delicious dinner, consider the following standard list of ingredients as compared to low-fat ingredients for spinach quiche.



Spinach Quiche (serves 6)

Standard Ingredients:

- 10 oz fresh or frozen spinach, thawed
- 6 whole eggs
- 1/3 cup all-purpose flour
- 2 chopped green onions
- 1 cup cottage cheese
- 3 tbsp chopped chilies
- 1/3 cup cheddar or other cheese
- ground white or black pepper
- garnish with sour cream and commercial salsa use a standard pastry recipe or pre-made pie shell

Nutritional Information

(for filling—crust not included):

Calories: 312
Carbohydrates: 22g
Protein: 20 g
Fat: 16 g
Fiber: 2 g
Cholesterol: 248 mg

Low Fat Ingredients and Substitutions:

The following substitutions contribute to a healthy diet if you ensure that the crust itself does not have a high fat content. You might try making a crust with "Smart Balance," a butter substitute low in trans fats (hydrogenated fats), or try it without crust by using a very thin film of vegetable oil.

- 10 oz. fresh or frozen spinach, thawed
- 8 oz egg substitute or 6 egg whites instead of whole eggs
- 1/3 cup all-purpose flour
- 2 chopped green onions
- 1 cup fat-free cottage cheese instead of regular cottage cheese
- 3 tbsp chopped chilies
- 1/3 cup fat-free cheddar (or other type) instead of regular cheese
- ground white or black pepper
- garnish with fat-free sour cream and salsa with no added sugar

Nutritional Information

(for filling with 6 egg whites, 1 cup fat free cottage cheese, 1/3 cup low fat cheddar cheese, 1 Tbsp fat free sour cream per serving—crust not included):

Calories: 172
Carbohydrates: 24 g
Protein: 15 g
Fat: 2 g
Fiber: 2 g
Cholesterol: 8 mg

Directions

Pre-bake pie crust according to package directions or spray a thin film of vegetable spray into a pie dish.

In a mixing bowl combine 8 oz egg substitute **or** 6 egg whites, 1/3 cup flour, and 1 cup fat-free cottage cheese. Mix well.

Sautee green onions in 1 tsp Smart Balance (margarine substitute) for about 3 minutes. In pre-baked pie crust layer spinach, onions chilies, cheese and pour egg mixture over top. Bake uncovered at 350° for 50 minutes. Let stand 15 minutes before serving.